

HOME HEALTH/HOME PT Prescription

Reverse Shoulder Arthroplasty or Total Shoulder Arthroplasty

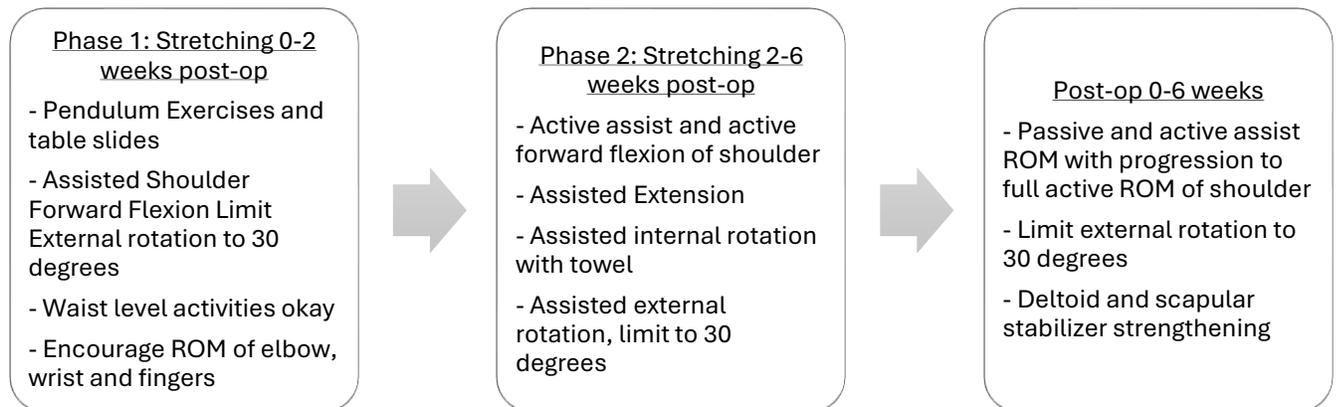
Home Health Orders: Begin on POD #1

- Assess patient
- Okay to remove bulky dry dressing on POD #2, leave steri-strips in place
- Assist patient with shower on POD#2 or any day afterward
- Assistance with ADLs

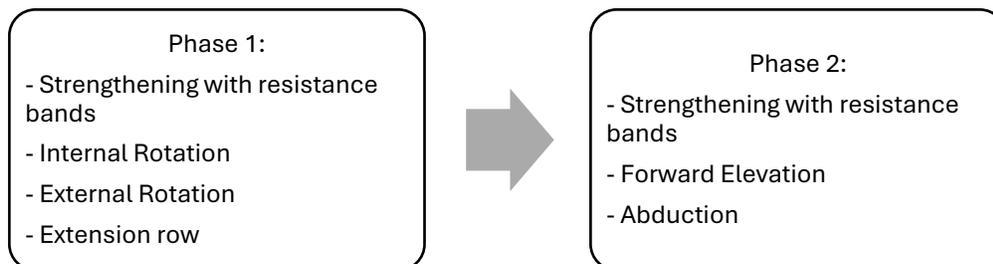
Home Physical Therapy Orders:

Eval and treat shoulder, encourage removal of sling and encourage ROM of shoulder at home

Stretching: Start Phase 1 and Phase 2 stretching exercises immediately post-op



Strengthening: Start Phase 1 and 2 strengthening at 4 weeks post-op



Flexibility exercises and core strengthening

Manual therapy: ad lib — including but not limited to massage, myofascial release, trigger point release, and joint mobilization

Neuromuscular education: body mechanics and proprioception exercises

Programs: Upper extremity program and home exercise program

Modalities: ad lib — hot packs, cold packs, ultrasounds, E-stim, iontophoresis, and taping

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